



U.S. Navy photo

Rear Adm. John Scorby, Commander, Navy Region Europe, Africa, Southwest Asia (EURAFSWA) receives honors from sideboys during a change of command ceremony held at Naval Support Activity Naples in the Capodichino district, Oct. 4.

## Scorby Relieves Gaiani as Commander of Navy Region

By Commander, Navy Region Europe, Africa, Southwest Asia Public Affairs

**NAPLES, Italy (NNS)** — Commander, Navy Region Europe, Africa, Southwest Asia (EURAFSWA) held a change of command ceremony at Naval Support Activity Naples in the Capodichino district, Oct. 4.

Rear Adm. John Scorby relieved Rear Adm. Anthony Gaiani as the Region's commander.

"I couldn't be more proud than to have this opportunity to lead and serve with the outstanding team here," said Scorby. "To the men and women of Navy Region Europe, Africa, Southwest Asia, it's my privilege to take command here today. I look forward to building on the amazing successes of Rear Adm. Gaiani."

Scorby, a 1981 graduate of the State University of New York at Cortland, was commissioned an Ensign after completing Aviation Officer Candidate School in March 1983.

Scorby holds a Master of Science in financial management from the Naval Postgraduate School, a Master of Arts in national security and strategic studies from the College of Command and Staff, U.S. Naval War College, and a Master of Arts in national resource strategy from the Industrial College of the Armed Forces.

Gaiani has commanded Navy Region EURAFSWA since August 2010. Under his leadership, he has managed an annual budget of more than \$400 million during fiscally challenging times; leading environmental stewardship

projects that have resulted in significantly improved resource management, while actively engaging families, government officials and community leaders and strengthening key relationships in the Navy's critically important Europe, Africa, Southwest Asia operating environment.

"It has been an honor and a privilege to serve with the men and women, military and civilians, of Navy Region Europe, Africa, Southwest Asia," said Gaiani. "For the past three years, we have worked together to effectively provide world-class shore service and support for our maritime strategy, for four Combatant Commanders and forces both ashore and at sea in some of the most challenging areas of the world. I am very proud of what we have accomplished as a team."

Gaiani was awarded the Distinguished Service Medal during the ceremony, for his exceptional leadership and for 30 years faithful military service. Gaiani will retire from Naval service.

Scorby will oversee a workforce of more than 4,000 host nation employees, U.S. employees and military members responsible for providing efficient and effective shore service support to U.S. and allied forces in the Europe, Africa and Southwest Asia area of responsibility.

For more information about Navy Region EURAFSWA, visit [www.cnmc.navy.mil/europe](http://www.cnmc.navy.mil/europe).

For more news from Commander, Navy Region Europe, Africa, Southwest Asia, visit [www.navy.mil/local/cnre/](http://www.navy.mil/local/cnre/).

## New Personal Mailboxes Now Available Aboard NSA Bahrain

By Timothy Lynch

NSA Bahrain Post Office Manager

**NAVAL SUPPORT ACTIVITY, Bahrain** — The Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Bahrain Post Office installed 900 personal mailboxes in the Freedom Souq aboard Naval Support Activity (NSA) Bahrain and opened them to the public, Oct. 6.

With the introduction of forward deployed ships and an increase in deployed personnel who are stationed in Bahrain with family, there was a need for those family members to be able to receive mail in a more efficient manner.

In a collaborative effort, U.S. Naval Forces Central Command (NAVCENT) and FLC Bahrain worked together to order and install the mailboxes. NAVCENT provided the funding, Seabees completed the installation and FLC Bahrain postal staff will operate the mailboxes.

Any authorized users of the military Post Office who are permanently stationed in Bahrain with dependents may use the new mailbox system. To request a mailbox, a sponsor must stop by the NSA Bahrain Post Office with a copy of his or her orders and dependent entry approval letter. The service member must also have at least six months remaining on their current orders to request a mailbox.

Once the new mailbox is issued, the customer can immediately begin using their new address. Mail is sorted Saturday through Thursday, and service members can check their mailboxes at any time. If parcels arrive, the customers will receive a yellow notice in their mailbox. Customers will need to take the notice, along with their ID, to the customer service counter located outside of the post office to receive the parcel.

MAILBOXES Page 4



Photo by MC2 Mike Wright

**Naval Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Bahrain Post Office staff pose for a photo after the grand opening of 900 new personal mailboxes aboard Naval Support Activity (NSA) Bahrain.**

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# Family Life at NSA Bahrain



Jalal Mohammed, Naval Support Activity (NSA) Bahrain fire fighter, speaks to Bahrain Elementary School students about the equipment used when responding to emergencies. The NSA Bahrain Fire Department was invited to the Bahrain Elementary School, Oct. 7, to help educate students and faculty as part of Fire Prevention Week.



## The Bahrain School Participates in Fire Prevention Week

Story and photos by MC1 (SW) Steve Smith  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — The Department of Defense Education Activity (DoDEA) Bahrain Elementary School participated in Fire Prevention Week with a visit from the Naval Support Activity (NSA) Bahrain Fire Department, Oct. 7.

Approximately 300 students from kindergarten through third grade had the opportunity to meet NSA fire fighters and climb aboard the fire response vehicle parked in front of the school.

"We came here to show the kids and the teachers how we operate the fire engine and the types of equipment we use so they can be familiar with it," said Hamad Ali, NSA Bahrain fire fighter. "So, in case something happens in the future, the kids won't be afraid when they see the fire fighters and understand we are friendly and are here to help."

Fire fighters activated the truck's flashing lights and

sounded the siren. Children watched as the fire fighters opened all the compartments of the fire truck and pointed out the locations of key equipment, such as the ax, chainsaws and storage area of the hose. Some students got to see the fire fighters heavy boots and coveralls and try on a helmet.

"I liked that we got to sit inside the fire truck and it was fun to put on the fire fighter's helmet," said Sophie Frerot, fourth-grade student. "It's important for kids to learn about fire safety so they can stay safe if there is a fire."

Sparky the Fire Dog also paid a visit to the school. He entertained the students as they waited for a turn to sit up in the fire truck.

"I got to see Sparky, and he's a cute dog," said Annika Haas, first-grade student. "I also liked all of the stuff they gave us. We got a red fire fighter hat and a paper truck."

"I think the visit from the fire department was important because parents and kids can learn how to be important with things that start fires," said Gloria Purely, second-grade student.



As part of Fire Prevention Week at the school, the students participated in demonstrations, fire prevention instruction and family preparedness.

"Knowledge is an important tool in preventing fires," said Christy Blevins, Bahrain Elementary School Principal. "Teaching students the in their homes and the importance of being mindful could avert a home fire."

The National Fire Prevention Association's (NFPA) Fire Prevention Week was established to commemorate the Great Chicago Fire on Oct. 9, 1871. This year's campaign is "Prevent Kitchen Fires".



439-4520

[www.cnmc.navy.mil/bahrain](http://www.cnmc.navy.mil/bahrain)

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**Naval Support Activity Bahrain**

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**NSA Bahrain Executive Officer**

Cmdr. Leif Hammersmark

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MC1 (SW) Steven Smith

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Sparky the Fire Dog greets Bahrain Elementary School students during a visit to the school during Fire Prevention Week.



## Chaplain's Corner

### Celebrating the Navy's Birthday



By Shaun S Brown  
NSA Bahrain Command Chaplain

Even before our great nation was a nation, in large part, we have been a maritime peoples. What with being bordered by the great Atlantic and Pacific Oceans and Gulf of Mexico, how could we be anything but?

In the eighteenth century, as the clouds of revolt gathered, some colonies operated their own navies. Yet, it took a soldier, General George Washington, to recognize that in meeting the challenges looming on the horizon, "without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious." The consummate man of action, Washington was not about to

stand idly by and wait for the Continental Congress to decide the yet non-existent Navy's fate. Rather, he dug into his own pockets and purchased the schooner Hannah, as the first ship for the Continental fleet.

Finally, on Oct. 13, 1775, the Continental Congress authorized the purchase of vessels and shortly thereafter funded the building of ships. From thence forward, as we read on the Naval Institute's blog, "the U.S. has always found its Navy ready to harness the oceanic commons in support of freedom and in defense of peace all around the world."

Yes, we in the Navy do our nation's bidding, but people the world over rely on us to ensure their safety and security, as well. Economies the world over would collapse if our great nation's Navy failed to keep the global commons open and free.

So my shipmates, as we celebrate the Navy's 238th birthday, let us vow anew to serve ably and honorably, following that long and honorable line of men and women who have served before. May the Lord bless those family members, friends, and civilians who support us in our service. May our civil authorities give us what we need to succeed and accomplish our missions and employ us in the service of God and Country righteously and justly for the next two-hundred-thirty-eight years and beyond. Happy birthday Navy!



The JAG Corps has recently restructured. This restructuring affects you. The JAG Corps now has two different offices that provide different services to service members.

The newly-created Defense Services Organization, or DSO for short, provides defense services to those service members who are facing adverse personnel actions or possible criminal proceedings. If you are facing adverse legal or administrative action, we may be able to help you. Our contact number is 439-4172 and we are located in Building 284.

The Region Legal Services Officer, or RLSO for short, provides legal assistance services to service members by appointment. Do you need help you with wills, divorces, and child support issues, or need notary services? Then call 439-4237 to make an appointment with a legal assistance attorney. The RLSO is located in Building 282.

## LEGAL CORNER

LT Candace Holmes, JAGC, USN

Legal Assistance Attorney

### KNOW YOUR RIGHTS

#### The Servicemembers' Civil Relief Act (SCRA)

The SCRA provides a wide range of protections for active duty servicemembers, eligible reservists and National Guard members. The SCRA is intended to temporarily postpone or suspend all administrative agency proceedings and all civil judicial proceedings (e.g. child support/custody cases, lawsuits, etc.) in order to enable servicemembers to devote full attention to their military duties. Please note that the SCRA does not apply to criminal proceedings, including traffic violations!

#### What the SCRA can do for you:

- **Stay of proceedings:** Under the SCRA, you can obtain a "stay" or delay of proceedings in a pending legal action if your ability to prosecute or defend is "materially affected" by your active duty service. Our office can draft these letters for you.
- **Default Judgments:** If a default judgment is entered against you, the judgment may be reopened under certain circumstances.
- **Installment contracts and leases:** Automobile leases entered into while on active duty may be terminated if the servicemember received deployment orders or PCS orders to a location OCONUS.
- **Termination or suspension of cell phone contracts:** If you are deployed overseas for at least 90 days or received PCS orders, you may cancel or suspend cell phone contracts without early termination or reactivation fees.
- **Reduction of interest rate to 6%:** Interest in excess of 6% on pre-service obligations by the servicemember must be forgiven and requires recalculation of monthly payments.
- **Insurance:** Your private life insurance policy is protected against lapse, termination, or forfeiture for non-payment of premiums for the period of military service and two years thereafter.

If you have any questions about this topic or wish to consult with an attorney regarding your SCRA issue, please contact our front desk at 439-4237.

## IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower  
Complaints & Improper Mental Health Referrals to one of the following:

#### CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: [ighotline@eu.navy.mil](mailto:ighotline@eu.navy.mil)

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

#### NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: [ig.hotline@me.navy.mil](mailto:ig.hotline@me.navy.mil)

#### Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: [NAVIGHotlines@navy.mil](mailto:NAVIGHotlines@navy.mil)

Website: <http://www.ig.navy.mil>

#### United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

#### United States Air Force Inspector General

Telephone #: 202-404-5354 DSN: 734-5354

#### DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>

## You've Got Questions He's Got Answers!



# ask the Skipper!

If you have a question you'd like to ask  
NSA Bahrain Commanding Officer CAPT David Meron  
send an email to [asktheskipper@gmail.com](mailto:asktheskipper@gmail.com).  
Answers will be provided via Bahrain Desert Times and  
the NSA Bahrain Facebook page.

## Driving in the "Rain of Bahrain"

- ✓ Many kinds of pavement are the most slippery when it first starts to rain because oil and dust have not yet washed away. Slow down at the first sign of rain, drizzle on the road
- ✓ Turn on your windshield wipers, headlights, and defroster
- ✓ Assess current driving conditions and adjust your speed to those conditions. Under certain conditions, the posted limit may be too fast
- ✓ In a heavy rainstorm, you may not be able to see more than 100 feet ahead. When you can not see any farther than that, you can not safely drive faster than 40 mph

FOR ADDITIONAL INFORMATION CONTACT THE NSA  
BAHRAIN SAFETY OFFICE AT 439-3528



# The SAPR Program Needs YOU!

By Enid Dahlgren Murphy  
SARC, EFMP Liaison

**NAVAL SUPPORT ACTIVITY, Bahrain** — Training for all SAPR positions will be conducted over the next few weeks-which one interests you? Seats are extremely limited so please talk with your Command soon!

The SAPR Command Liaison, Point of Contact (POC) and Data Collection Coordinator (DCC) are designated by the Commanding Officer within that person's Command and the person represents their Command only. Notify your Command of your interest in serving in one of these positions and request nomination to attend the training. The deadline to sign up for these 3 classes are 1630 on Thursday, 17OCT13 at the Fleet and Family Support Center (FFSC) located upstairs in Building 267.

Command Liaisons act as the single Command representative for the victim and advocates for the victim within the Command, keeping the victim informed of all Command activity in the case. This position has the rank requirement of E-7 and above. Command Liaison training will be on

Thursday, 24OCT13 from 0800-1630.

SAPR POC assist their Command with necessary SAPR and SAPR-related trainings, implementing and coordinating awareness and prevention education for their Command, and maintaining and providing information on all available victim services and resources. This training will be held on Sunday, 27OCT13 at FFSC from 0800-1200.

DCC will ensure an initial SITREP is sent within 24 hours of the receipt of the allegation of a sexual assault incident. DCC is responsible for obtaining data elements through a coordinated effort with all agencies involved in the reporting, investigation, or prosecution of sexual assault. Using additional monthly SITREPs the DCC reports all progress and outcomes of any reported sexual assault incidents. DCC training will be at FFSC on Sunday, 27OCT13 from 1400-1600.

The last of the four SAPR positions is the Victim Advocate and is a volunteer position that supports victim's of sexual assault for the Installation and all Tenant Command's during a rotating weekly duty schedule. The

SAPR VA meets with the victim to provide information, emotional support and guidance to victims during the medical, counseling, legal and investigative process. The VA's only focus is to advocate for the victim. This class is a 40 hour, week-long instruction which requires Command authorization to attend. Applications will be available at FFSC on Sunday, 06OCT13 and must be completed with all supporting documents, and returned to the FFSC no later than 1630 on Thursday, 24OCT13. Interviews will be conducted during the following week.

Every member of the SAPR team must be responsible and possess the maturity and sensitivity needed to ensure a victim-sensitive Command climate to avoid re-victimization and responsive Command management of sexual assault cases. Seats for all trainings are extremely limited so act fast and complete all requirements. For more information contact the FFSC at DSN 439-4046/COM 1785-4046.

**REMEMBER — SEATS FOR ALL TRAININGS ARE EXTREMELY LIMITED.**

**Decorate a Halloween Booth for MWR's Nightmare on Spine Street!**

MWR is looking for organizations willing to decorate a booth for the upcoming "Nightmare on Spine Street" Halloween Celebration.

**BOOTH DECORATING WILL BE HELD ON FRIDAY, 25 OCTOBER FROM: 1000 - 1630**

**LOCATION: NSA "SPINE" & FREEDOM SOUQ COURTYARD**

- All commands, organizations, and groups are welcome.
- Prizes for the top two booth designs will be given.
- Sign up early to reserve your spot. Space is limited.
- Please sign-up at the ITT Office or call 439-4206/3531.

For more information, please contact Leo Leach @ 439-3036 or email Leo.Leach@mc.navy.mil

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For those who are currently getting mail through their command address and are interested in getting their own mail box, a change of address form is required to be filled out and provided to the service member's Office Mail Orderly Clerk. If any mail comes in with a service member's old address, their Office Mail Orderly Clerk will readdress it with the new box number and return it to the post office for redelivery.

All mailbox users should immediately inform their correspondence of their updated mailing address with the complete PSC, Box Number and nine-digit ZIP code so that mail is not delayed.

There are certain rules that apply to having a mailbox. Just like in the U.S., mailboxes should not be shared with anyone but family members. Do not give out the combinations. Since the customers do not pay for the use of the mailboxes, they cannot be used to conduct any type of personal business for profit.

If service members go on leave for an extended period of time, they must notify the post office so that personal mail is held, or they must designate someone to sign for their mail in their absence. Parcels will only be held for 15 days. If they are unclaimed after 15 days they will be returned to sender.

The Bahrain School Presents

## Spooktacular!

2013

(A Halloween Carnival)

Trick-or-Treat Candy Lane, Haunted House, Games, Prizes, Inflatables, a Cake Walk, Prison, and Food & Drinks \*

Thursday, October 31<sup>st</sup>  
Friday, November 1<sup>st</sup>  
6-9 PM

3BD Per Ticket  
for all US Military Families and the Bahrain School Community  
4BD All Others  
Children under 2 Free

Entrance by ticket ONLY Advance Purchase Required - No Tickets Sold at Gate

Purchase tickets starting on September 16<sup>th</sup> during lunch from 11-1 and after school in the PTSO room.  
For more information write Spooktacular2013@gmail.com

Each person must show his or her ID or CPR to purchase tickets

MWR

## Monster Mash

Obstacle Challenge

**Tuesday, 22 October**  
Check-in: 1630  
Start Time: 1700

Are you ready to expose yourself to a ghouling test of strength, stamina, & speed?

Obstacles will include: zombie pull-ups, flying bat push-ups, mummy tire flips, evil sand bag toss, ghost arm-over pulls, vampire plgio jumps, and werewolf runs.

For more information, contact the Spooktacular Fitness Coordinator, Sue Jensen @ 439-3324.



# William P. Lawrence Remembers Fallen Pilots

By MC3 Carla Ocampo

Navy Exchange Service Command Public Affairs

**U.S. 5TH FLEET AREA OF RESPONSIBILITY (NNS)** — Sailors aboard the guided-missile destroyer USS William P. Lawrence (DDG 110) gathered for a remembrance ceremony Sept. 29 to honor the lives of two fallen pilots killed in a helicopter accident.

On Sept. 22, an MH-60S Seahawk helicopter, attached to Helicopter Sea Combat Squadron (HSC) 6, crashed in the central Red Sea while operating with William P. Lawrence. The two pilots killed were Lt. Cmdr. Landon L. Jones, 35, of Lompoc, Calif., and Chief Warrant Officer 3 Jonathan S. Gibson, 32, of Aurora, Ore.

During the ceremony Cmdr. Jana A. Vavasseur, commanding officer of William P. Lawrence, expressed how their loss had affected everyone. Vavasseur said that even though many Sailors aboard may not have known Jones or Gibson personally, their loss still hurt because they were shipmates.

After Vavasseur addressed the crew, members from Helicopter Maritime Strike Squadron (HSM) 75 read the biographies of Jones and Gibson.

Lt. Benjamin Box, a Navy chaplain assigned to Destroyer Squadron (DESRON) 23, read a letter written by Theresa Jones, widow of Jones. In the letter, Theresa explained what was on her mind and what she did the day three men in service dress blues knocked on her door.

In her letter Mrs. Jones wrote: "My boys, one of you lost your best friend and one of you never even had the chance to meet him. But, please know that your father loves you."

Following the letter, Box said a few words and led the crew in a prayer for the lives of Jones and Gibson.

"Perhaps the best way we can honor the dead, is to go on living, to enjoy our loved ones, to value the small blessings that are often taken for granted and to appreciate our opportunity to serve a great and noble cause," said Box. "On this solemn occasion may we find the inspiration to



Photo by MC3 Raul Moreno Jr.

Naval aircrewmembers assigned to the Indians of Helicopter Sea Combat Squadron (HSC) 6, pay their respect to Lt. Cmdr. Landon L. Jones and Chief Warrant Officer 3 Jonathan S. Gibson following a memorial service aboard the aircraft carrier USS Nimitz (CVN 68). HSC 6 is deployed with the Nimitz Carrier Strike Group to the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

complete our mission with pride, dignity and dedication."

The ceremony concluded by the playing of "Taps."

William P. Lawrence departed her homeport of San Diego Jan. 14 for her maiden deployment and is currently in

the U.S. 5th Fleet area of responsibility conducting maritime security operations and theater security cooperation efforts.

For more news from USS Nimitz (CVN 68), visit [www.navy.mil/local/cvn68/](http://www.navy.mil/local/cvn68/).



## 2013 Military Mail Holiday Mailing Dates

One of the challenges of living overseas is that you simply cannot give last minute holiday gifts to loved ones back in the states. To help you prepare for winter holidays, the United States Postal Service and Military Postal Service Agency published recommended mail-by dates for *best chance* delivery prior to 25 December.

Pass this information to your friends and families stateside, and place your online and mail-order gift deliveries early so that your holiday mail enters the mail stream by the recommended mailing dates.

### Mail from FPO Bahrain addressed to the United States:

Express Mail: N/A  
First Class Mail Letters and Priority Parcels: December 10th  
Parcel Airlift Mail (PAL) December 3rd  
Space Available Mail (SAM) November 26<sup>th</sup>

### Mail from the United States addressed to FPO Bahrain:

Express Mail: N/A  
First Class Mail Letters and Priority Parcels: December 10th  
Parcel Airlift Mail (PAL) December 3rd  
Space Available Mail (SAM) November 26<sup>th</sup>  
Parcel Post November 12<sup>th</sup>

### Holiday Mailing Checklist:

- ✳ Boxes clearly addressed and free of markings
- ✳ Customs declaration forms completed and attached – Country is "United States"
- ✳ Packages do not contain prohibited items (e.g. wine, pornography, explosives)
- ✳ Ship no later than dates above for the *best chance* of delivery prior to 25 December

The post office provides boxes free of charge for Priority Mail®. If you choose to use another box, you must remove or cover any previous markings; such markings could cause delays or prevent delivery altogether. Outgoing mail requires a customs declaration form. View prohibited items at [www.usps.com](http://www.usps.com).

Check with your post office for details on size and weight restrictions, applicable rates and items prohibited from mailing.

*"Happy Holidays" from the entire  
NAVSUP Fleet Logistics Center Bahrain Team!*

FMC LCPO: 439-4853 / Finance LPO: 439-3199 / Postal Officer: 439-3208

**TIME TO BREAK OUT YOUR COSTUME!!**  
**MWR has great events for Halloween:**



Thursday, October 17th, @1300 Location: Liberty Center	Halloween Texas Hold'em Tournament
Tuesday, October 22nd, @ 1630 Location: Softball Field	Monster Mash Obstacle Course
Friday, October 25th @1630 Please register at NAVCENT Recreation @1600	Halloween Family Fun Run & Walk 1 Mile
Friday, October 25th @ 1800, Location: Freedom Bowl Courtyard & Spine	Nightmare on Spine Street (Costume Contest, Games, and Trick or Treating)
Thursday, October 31st @ 1300-1645 (Event time based on age) Location: Freedom Bowl Gym (free event)	Youth Sports Halloween Dodgeball Clinic
Thursday, October 31st @ 1130	Liberty Center Halloween Party

**Please wear YOUR COSTUME TO ANY OF THE ABOVE EVENTS.**

For information on: Liberty Programs 439-3199 Phone 439-3206 Community Events 439-3016

Fleet & Family Support Center  
Presents  
*"Shatter Ball"*  
Breaking the Silence



October 25, 2013 Elite Crystal Hotel  
6 - 7 : Cocktail, 7 - Midnight : Dinner & Dancing

**Nightmare On Spine Street**  
Halloween Celebration 2013

**FRIDAY, 25 OCTOBER**  
**FROM: 1730 - 2000**

**LOCATION:**  
NSA SPINE & FREEDOM SOUQ COURTYARD

**Don't Forget About The 1 Mile Walk/Run!**

**HALLOWEEN FAMILY FUN RUN & WALK ONE MILE**

**FRIDAY, OCTOBER 25TH**  
Time: Starting @ 1630  
Race Starts @ 1630  
Last person to finish will receive a prize  
Prizes for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 149th, 150th, 151st, 152nd, 153rd, 154th, 155th, 156th, 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**WEDNESDAY, 23 OCT**  
**Show Starts @ 1830**  
**Freedom Souq Courtyard**



For more information please contact Lee Leach at 439-3036  
 or email [lee.leach@me.navy.mil](mailto:lee.leach@me.navy.mil)



NSA BAHRAIN MWR FITNESS PROUDLY PRESENTS:



**HALLOWEEN**  
**FAMILY FUN RUN & WALK**  
**ONE MILE**

**FRIDAY, OCTOBER 25TH**

Time: Check-in @ 1600

Run Starts @ 1630

Location: NAVCENT Roundabout

Open to all family members!

Costumes are strongly encouraged!

For more information contact the Fitness Center @ 439-9306



**MOVIE COMPLEX**

**REGULAR TICKETS:** ADULTS: \$4.00 CHILDREN (6-12): \$2.00

**3D TICKETS:** ADULTS: \$5.00 CHILDREN (6-12): \$3.00

Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

\*\*\*\*\* MOVIE HOTLINE: 439-6916 \*\*\*\*\*



#### Pearl "Snorkel" Hunt

Friday, October 25

• Time: 0745

Min 8 people; ITT Price: \$64.00

#### Al Dar Island Day Trip

Friday, October 25

• Time: 0930 – 1500

• Min 10 people; ITT Price: \$17.00

#### Swim With The Dolphins

Saturday, October 26

• Time: 1000 – 1300

• Min 8 people; ITT Price: \$49.00

#### Al Areen Wildlife Park

Saturday, October 26

• Time: 0900

• Min 10 people; ITT Price: \$11.00

## ITT

#### Group Fishing Trip

Friday, October 18

• Time: 0800

• Max 6 people; Group of 6 people

Cost: \$448

#### Horse Back Riding

Saturday, October 19

• Time: 0800 – 1200

• Min 8 people; ITT Price: \$26.00

#### Cooking Demonstration Of Arabic Food & Dinner

Tuesday, October 22

• Time: 1700

• Min 5/ Max 10 people; ITT Price: \$23.00

#### Guided Tour Of Mosque & Arabic Lunch

Sunday, October 27

• Time: 1000 – 1400

• Min 5/ Max 11 people;

ITT Price: \$16.00

For more information, call x-3531  
 All dates and times are subject to change

## Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: [MWRsuggestionBox@me.navy.mil](mailto:MWRsuggestionBox@me.navy.mil)  
 If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



Thursday, October 17

**Halloween Texas Hold'em**

• Time: 1300; Come dress in a costume

Wednesday, October 23

**Lunchtime Bowling**

• Time: 1130

Saturday, October 19

**City Center Mall Trip**

• Time: 1100

Thursday, October 24

**Pumpkin Bashing Contest**

• Time: 1130

Sunday, October 20

**Sunday Sundaes**

• Free Ice Cream Sundae (while supplies last)

Friday, October 25

**Sand Volleyball Tournament**

• Time: 1600

Monday, October 21

**Speed Pool**

• Time: 1130; Free Pizza for players

Saturday, October 26

**Shore Fishing**

• Time: 1500

Tuesday, October 22

**Liberty Advisement Council Meeting**

• Time: 1130

Sunday, October 27

**Sunday Sundaes**

• Free Ice Cream Sundae (while supplies last)

For more information, call the Liberty Center at 439-3192



@NSA Bahrain